Mechanism Outline

1. Conditions such as post traumatic stress disorder, panic disorder and anorexia nervosa expose the individual to negative forces such as adversity, threat, etc.

2. Exposure to these negative forces activates processes in many different parts of our brain.

3. I believe that our brain creates conditions such as post traumatic stress disorder, panic disorder and anorexia nervosa as ways of exposing the individual to negative forces in order to activate a particular internal process. Thus, while activating this particular internal process, the brain activates many others as well, making the true purpose of this mechanism very difficult to determine.

4. I believe that our brain developed this means of activating this internal process because this particular internal process responded only to external stimuli, i.e. stimuli originating outside of the brain itself, and could not otherwise be activated using our brains existing architecture.

5. I believe that through the use of this mechanism our brain has been able to resolve an incompatibility which arose between certain of its older areas and the developing cerebral cortex. I further believe that, while many individuals along the way suffered greatly because of this mechanism, many more benefited greatly from the improvements that it enabled within the cerebral cortex, which better allowed these individuals to survive, reproduce, and pass this mechanism along to their offspring.

Walter G. Turner
Portland, Oregon, USA
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